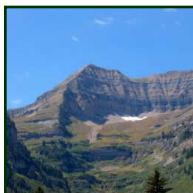


The Human Touch

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And More!

Director's Message



Lisa-Michele Church,
Executive Director

Human Services has been doing intensive outreach in communities along the Wasatch Front this month. Under the leadership of Manuel Romero from the director's office, we held Town Hall meetings with community leaders every Wednesday night alternating between Salt Lake and Ogden. Leaders from many minority communities in Utah, including Latino, African American and Asian participated.

I spoke at these meetings about the services we deliver through DHS, and I have been joined each time by Richard Anderson of Division of Child and Family Services and Dan Maldonado of Juvenile Justice Services. The response has been very thought-provoking. I have posed questions such as "How well are DHS services understood in your community?" "Do you feel that DHS is a good partner?" "How can we get more people of color

to apply for positions at DHS?" The result has been a mix of frustration, cautious hope and just plain exhaustion from the ethnic community. We hear from these leaders that we have made progress -- then lost ground -- then tried again.

They tell us that there is more DHS could do to reach out to their communities. At a minimum, we need to explain our services and our practice model. I would hope we can go beyond that -- building community connections that really work for both DHS and the partner. For example, as a result of these meetings, we noticed that DCFS could build a stronger link with migrant Head Start. DCFS agreed to be on the advisory board of Head Start and we hope that will develop its own synergy. Also, in the past year, JJS has done a great job developing a more bilingual staff. Each step helps, but I know there are no easy answers.

How are the community partnerships working in your area of DHS? What is working well? What are the barriers to developing more cultural responsiveness, especially on the front lines? Do caseworkers have the resources they need? We hope to put our thoughts together in a strategic plan that Manuel is developing. Your input is welcome.

On another front, I am proud of DHS' participation in the Charitable Fund Drive this year. Remember that we can make a difference, each with our own contribution. Be generous!



Nutrition on the Run

Lisa Schauerhamer, JJS

Have you ever been in a hurry, starving, and sitting in the fast food drive-thru line? And just this morning you said to yourself again, "Today I will eat healthy." So what to do?

Nutrition on the Run is a great class offered statewide by Healthy Utah. You don't have to figure things out on your own; someone has already thought through great ideas.

Fast food and good nutrition are not evil twins. We just need to understand some basic information to make healthier choices. Serving sizes have doubled over the past 20 years. When we are given more, we naturally eat more. We can't waste, thus we "waist." Quit "waisting" time & try some of these tips.

Have fun, be good to yourself – progress and health are worth it!

Nutrition on the Run class information is available

- www.healthyyutah.org/hu_programs/wseminars/wsinfo.html

Fast food at home, tips that work:

- Prepare "to go" bags with fresh fruits and veggies
- Freeze foods in portion sizes.
- Buy fresh produce often
- Freeze fruit for a healthy snack.

Here's how to drive-thru portion control:

- Share a meal
- Order a kids meal
- Get a to-go box when placing your order
- Put your napkin on your plate when full
- Beware of value sizing
- Order dressing on the side
- Choose grilled vs. baked



The Human Touch

Connecting with ORS Today

Catherine Taylor, ORS

PROVO – People escaping domestic violence are working to put their lives back together. Getting information about child support, quickly and easily, helps families provide for basic life needs and get on the road to financial stability.

Advocates for victims of domestic violence invited ORS to their statewide meeting to build a stronger collaboration and connection. Mark Brasher, ORS Director and Tracy Graham, ORS Child Support Services Director were happy to listen and learn.

"I am glad to take the opportunity to learn from and connect with victim advocates. I hope both Child Support Services and domestic violence victim's services can help each other," Graham said. "You folks are the experts on the front lines who can help us know how we can best serve, and we want to hear from you."

Advocates shared their perspectives about child support and safety. True to their advocacy role, they cautioned ORS to be sensitive to victims'

safety needs. The combination of financial issues and domestic violence can escalate and compromise safety of a parent and their children.

Advocates asked several questions of Graham and Brasher. The questions and answers exchanged throughout the 45 minute presentation helped both ORS and domestic violence advocates.

Participants came away knowing the importance of a continued collaboration. Advocates gained a new understanding of the child support agency, thus, allowing them to share that knowledge with survivors and help them make more informed decisions about child support.

ORS reaffirmed that a small group can be a powerful force. One of the quotations at the conference (by Margaret Mead) summed things up well, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."



The Human Touch

Utah State Employees' Charitable Fund Campaign 2007

Julie Fisher, Bureau of Contract Management

A Better World. . .



Starring YOU!

Every day in our jobs in Human Services we help people; it's just what we do. Beyond our jobs we can join other state employees making a difference through the Charitable Fund giving.

"I contribute to charitable causes because I truly believe that it makes a positive difference in someone else's life. I don't think the amount I contribute alone makes a big difference – but when you add up all the little amounts from people like me, that is when you see the help that can be given to others. It makes me feel good to be involved," said Betsy from the Office of Recovery Services.

"I have never asked myself why I donate, I just know it's what I want to do," said Chelise, Office of Administrative Hearings.

The annual opportunity to contribute to our local, statewide or global communities through the Utah State Employees' Charitable Fund Campaign is now open. Automatic payroll deductions are used to contribute to the agency of the employee's choosing.

Watch for complete information from your division representative. A complete listing of charities and more information is available at: www.usecf.state.ut.us

Thom Dunford, Jr., is the DHS Statewide Charitable Fund Drive Coordinator. He can be contacted at the Div. of Substance Abuse and Mental Health, 801/538-4519, tdunford@utah.gov



Last year 235 DHS employees participated, giving \$34,111 to charities.

Utah State Hospital Recognized

Donna Russell, EDO

Utah State Hospital (USH) is receiving national attention in the American Psychological Association's Journal - Psychological Services. The professional journal has accepted and published an article submitted by USH and Brigham Young University staff.

BYU staff worked in tandem with the USH staff to conduct the complex research project tracking the effectiveness of long-term care for severely and persistently mentally ill patients. The APA article provides an in-depth analysis of the outcome instrument tested. The project was discussed previously in the March Human Touch.

BYU staff involved is Gary M. Burlingame, Scott Seaman, Jennifer E. Johnson, Jason Whipple, and Elizabeth Richardson. Hospital staff is Frank Rees, Dallas Earnshaw, Richard Spencer, Mark Payne and Brock O'Neil.

"The national recognition for this project and prestigious article is well deserved. Congratulations," said DHS Executive Director, Lisa-Michele Church.

The article Sensitivity to Change of the Brief Psychiatric Rating Scale – Extended (BPRS-E): An Item and Subscale Analysis is available in the American Psychological Association, Psychological Services Journal, 2006, Vol. 3, No. 2, 77-87.



Training Synergy

Liz Sollis, EDO



Are you a trainer, presenter or group facilitator? If so, then you know the on-going challenge of keeping ideas fresh and energetic. The Utah Training Consortium is here to help. UTC brings trainers from all state agencies together for fun, information, and synergy.

"Trainer's Day Camp – UTC Synergy" is scheduled September 15th. The Day Camp will enhance knowledge on copyright laws and liability, training and staff development, and provide networking time. This full-day session is \$60 per person.

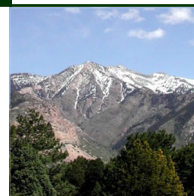
Originally known as The Human Resource Development Training Consortium, UTC was formed

in the Fall of 1991 to provide state trainers an opportunity to share information and coordinate efforts – thus improving accounting and governance of learning investments.

Fifteen years later, the UTC continues as a resource and advisory group to state agencies in the training and development of employees, such as trainer development, sharing, marketing, policy and leadership, technology, standards of training, demand and increase of use, and valuable training and learning resources.

Attending UTC training meetings is a valuable opportunity for you and your division. They are designed to decrease liability, increase effectiveness, motivate learners, allow for networking and are cost effective – in most cases, complimentary.

For further information about the UTC, registration information for the "Trainer's Day Camp" and other upcoming training sessions, please visit the website, www.utcweb.org.



The Human Touch

August EDITION

Training Tidbits

Looking to expand your knowledge? Take advantage of some of the upcoming training opportunities supported by the department:

Northern Area Gang Conference

September 6-8, 2006

Marriott Hotel and Convention Center
Ogden, Utah

For additional/registration information contact Vernon Hairston, 801-629-8037, vernonh@ci.ogden.ut.us. Note: Space is limited and registration fees apply.

Fall Conference on Substance Abuse

September 20-22, 2006

Dixie Convention Center
St. George, Utah

For additional/registration information visit www.ubhn.org or contact Mary Hess, 801-487-3943, mary@ubhn.org. Note: Registration fees apply.



The man who graduates today and stops learning tomorrow is uneducated the day after.
- Newton D. Baker

The Utah State Developmental Center 2006 Annual Fall Conference

October 4, 2006

Utah State Developmental Center
American Fork, Utah

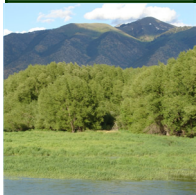
For additional/registration information contact Stephanie Nelson, 801-763-4057, sonelson@utah.gov. Note: Registration fees apply.

National Case Management Conference

October 21-25, 2006

Sheraton Hotel
Salt Lake City, Utah

For additional/registration information visit, www.yournacm.com/2006conference.html, or contact Linda at NACM, lindanacm@aol.com, 864-944-9788. Note: Registration fees apply.



The Human Touch

Do You Split Time Between Work and Family Caregiving?

Donna Russell, UCare Program Manager

Are you or do you know one of the nearly 100,000 Utahns juggling work and caregiving responsibilities? Have you heard of UCare? Did you know that UCare is sponsored by your Department of Human Services? Well, it is, and it is here to help Human Services staff.

Employees who are also family caregivers feel pulled in many directions, but mostly they feel exhausted trying to keep up at work and as a caregiver. It is easy to believe it takes too much time to track down resources to help ease the emotional and physical burden of caregiving. UCare can help. By logging on to www.ucare.utah.gov, caregivers are connected to thousands of resources statewide, including UCare Caregiver Guide Classes, meal delivery, transportation, personal care, home healthcare and more. The same resources can be accessed by calling 2-1-1 statewide.

Employed caregivers also can help themselves by discussing work options with their supervisors or human resource managers. Supervisors can address this growing concern by working with UCare and local area agencies to offer employees information about community-based programs.

UCare and the Division of Aging and Adult Services Caregiver Support program work hand in hand and can provide information to Human Services employees. The Family Caregiving In Utah booklet is available at:

www.hsdaas.utah.gov/pdf/Family_Caregiving_In_Utah.pdf

Supervisors Can Help Caregivers By:

- Sharing caregiving information in newsletters, new employee packets, posters and brochures
- Implementing flextime, telecommuting, job share and compressed work weeks within state policy
- Starting a caregiver support group
- Conducting an anonymous survey to identify employees' needs
- Directing caregivers to the UCare Caregiver Guide Classes www.ucare.utah.gov or 2-1-1

Further information is available through the Division's web site:

www.hsdaas.utah.gov/caregiver_support.htm

The effective and innovative UCare program helps caregivers of those that are aging, have a disability or mental illness and is sponsored by the Department of Human Services. In-service training information is available by contacting Donna Russell, DLRussell@utah.gov 801/538-4608.



Recognition Awards

Donna Russell, EDO

Recognition Awards Nominations In!

THANK YOU for the fantastic response of nominees for the 2006 Inaugural Employee Recognition Awards. Nearly 30 Human Services employees from all areas of the state and each division have been nominated for recognition.

It was great fun to see staff enthusiastically nominating their supervisors or co-workers. Nominations included exceptional descriptions for the Career Achievement, Executive Director's and Supervisor of the Year awards.

Winners will be announced at the prestigious Executive Director's Luncheon at the Little America Hotel on Sept. 26.

October's Human Touch will be filled with their pictures and stories. Stay tuned!

Call 2-1-1 for Information & Referral



2 1 1
INFO
BANK

Phone: 2-1-1

www.informationandreferral.org

Support Groups
Emergency Shelter/Housing
Employment Programs
Food Assistance • Community
Health Clinics • Long Term Care
Legal Resources
Mental Health • Substance Abuse
Free Tax Filing • Volunteering
And More...

You can dial 2-1-1 on any phone or cell phone from anywhere in the state for information. A certified Information and Referral Specialist will answer the phone, ask for your zip code, and then refer you or your client to a local human services, health or community resource?

The 2-1-1 service was expanded statewide several months ago and is ready to take your calls.

They have Spanish speaking staff and access to over 150 languages.



211 Staff answer call for information

The Human Touch

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